Day Time Resources for Refugee Claimants

Free Meals

The following locations offer free meals throughout the day.

- 1JustCity Inc.
    - Pimicikamak Wellness Centre, 621 Balmoral Street
        - Monday - Thursday: Lunch (12 pm - 2 pm)
    - Oak Table, 107 Pulford Street
        - Monday - Thursday: Lunch (12 pm - 3 pm)
        - Friday breakfast (10 am - 11:30 am) - by reservation
- Agape Table
    - 364 Furby Street
        - Monday - Friday: Bagged lunch (7 am - 11 am)
- Ma Mawi Wi Chi Itata Centre
    - McGregor Community Care Site, 363 McGregor Street
        - Monday - Friday: Breakfast (9:15 am), lunch (12:15 pm)
    - Larsen Community Care Site, 575 Larsen Avenue
        - Monday - Friday: Lunch (12:30 pm), Supper for families with children (5:30 p.m)
- LightHouse Mission
    - 669 Main Street
        - Monday - Thursday: Breakfast (9 - 11:15 am), hot lunch (1 - 3:15 pm)
        - Friday: Lunch (1 - 4 pm), chili and church (6 - 7:30 pm)
- Siloam Mission
    - 300 Princess Street
        - Monday - Sunday: Breakfast (9 - 10 am), Lunch (12 - 1 pm), Supper (6 - 7 pm)
- Union Gospel Mission
    - 320 Princess Street
    - Lunch Service: Monday - Friday (11:30 am)

    - Evening Soup Line: Every day (7:30 pm)
- Norwest Coop Community Food Centre
    - 61 Tyndall Avenue #103
    - Monday, Wednesday, Friday, 12 pm – 1:30 pm & Thursday, 5:30 – 6:30 pm

Drop-In

The following locations offer drop-in programs; details vary in each location.

- 1JustCity Inc.
    - Pimicikamak Wellness Centre, 621 Balmoral Street
        - Monday - Thursday (12 pm - 3 pm)
        - Drop-in includes access to: showers, public phone, wi-fi, laundry, and a safe place to hang out
    - Oak Table, 107 Pulford Street
        - Monday - Thursday (12:30 pm - 3 pm)
- Ma Mawi Wi Chi Itata Centre
    - McGregor Community Care Site: 363 McGregor Street
    - Monday - Friday (8:30 am - 3:30 pm)
    - Drop-in includes access to: free coffee, wi-fi, and a warm place to stay
- One88
    - 188 Princess Street
    - Monday - Thursday (10 am - 2 pm)
    - Drop-in includes access to: free coffee, showers (Tuesday-Thursday), laundry, and a place to relax
        - Lunch is served on Tuesdays at 11:30
- Siloam Mission
    - 300 Princess Street
    - Everyday (7:00 am - 1:30 am and 4:00 - 7:30 pm). Closed from 1:30 - 4:00 pm
    - Drop-in includes access to: the clothing room, laundry services, and showers
        - Access to these services requires sign up at 9 am
        - For more information, call 204-956-4344
- Union Gospel Mission
    - 320 Princess Street

    - Open each day (2 - 4 pm)
    - Drop-in includes access to: warm environment, coffee, snacks, clothing, and access to private shower rooms (men and women)
- Resource Assistance for Youth (RaY)
    - For anyone age 29 and under
    - 125 Sherbrook Street
    - Monday - Friday, 1 - 4 pm
    - Drop-in includes access to: hot meal, coffee, couches, basic needs, games, computers, wifi, books, art supplies, and knowledgeable staff to chat with.
- Community Ministry St. Matthews Maryland
    - 365 McGee Street
    - Monday, Tuesday, Thursday and Friday from 1:30 to 4 pm
    - Drop-in includes access to: sandwiches, coffee, conversation.

Free Wi-Fi

- All city libraries offer free Wi-Fi and internet access. See a complete list of library locations and hours here: https://www.winnipeg.ca/recreation-leisure/libraries/locations-and-hours

Resources for Women and Gender-diverse People:

- North End Women's Centre
    - 394 Selkirk Avenue
    - Drop-in hours: Monday, Tuesday, Thursday, Friday (9:30 am - 3:30 pm), Wednesday (12 pm - 3:30 pm)
    - Drop-in includes access to: washrooms, harm reduction, hygiene supplies, snacks
    - Lunch is served Monday - Friday from 12:30-1:30 pm (first come, first served)
- North Point Douglas Women's Centre
    - 221 Austin Street
    - Monday, Tuesday, Wednesday and Friday (9 am - 4 pm)

    - Saturday (10 am - 3 pm)
        - Closed every day from (12 - 1 pm), closed on Thursday and Sunday
    - Drop-in includes access to: refreshments, hygiene products, laundry facilities, washrooms, wifi, crisis support
- West Central Women's Resource Centre
    - 640 Ellice Avenue
    - Hours for Meals and Snacks: Monday, Wednesday, and Friday- lunch (12pm), Tuesday and Thursday- dinner (5 pm), Saturday- breakfast and coffee (10 am)
    - Drop-in includes access to: phones, computers, showers, laundry facilities, workshops, and varying activities
- Sage House - Mount Carmel Clinic
    - 886 Main Street
    - Monday, Wednesday, Friday (9 am - 5 pm)
    - Tuesday and Thursday (9 am - 8 pm)
        - Closed 9 - 11 am on the first Wednesday of each month
    - Drop-in includes access to: food, warm shower, harm reduction supplies, and primary health needs, as well as opportunities such as cultural supports, skill building, volunteerism, and support groups.
    - Call (204) 272-0838 for more information.
- Sunshine House
    - 646 Logan Avenue
    - Sunday - Thursday (11 am - 4 pm)
    - Drop-in includes access to: food, laundry, shower, use of a phone, clothing closet, support with EIA paperwork and housing applications, and recreational and social activities.

Recreation and Programming

You can apply for The Recreation Fee Assistance Program from the City of Winnipeg for access to recreation facilities.
Connect with New Journey Housing at the Refugee Claimant Information Hub or at their main office for assistance with the application.

- New Journey Housing

    - 305 Broadway
    - Monday - Friday (9:30 am - 5:00 pm)
- Refugee Claimant Information Hub
    - 180 Henry Street (Sanctuary Room)
    - Monday and Friday (9 - 11 am)
- Winnipeg Community Centres
    - Sergeant Tommy Prince Place
        - 90 Sinclair Street
        - Free access to weight room and gym on Tuesday (5 - 9:45 pm)
    - See Priceless Fun Guide for more free recreation activities and a list of community centres.

Mosques in Downtown Winnipeg

- Jamia Masjid Abobakar Siddique and Community Centre
    - 794 Ellice Ave
    - Everyday (6:15 am - 9:30 pm)
- Masjid Beit Naballa
    - 325 Wallasey Street
- Masjid Bilal- Winnipeg Islamic Centre
    - 33 Warnock Street
    - Everyday (12 pm - 11 pm)
- Pakistan Centre Masjid
    - 346 Ross Avenue
- Winnipeg Central Mosque
    - 715 Ellice Avenue